

## HOMEMADE HUMMUS

While the ultimate recipe for hummus may start with dried chickpeas/garbanzo beans, I used the tried-and-true canned variety, using two cans - equal to 3 cups - of chickpeas.

Before throwing those chickpeas into the food processor, however, there's a secret first step!

After draining and rinsing the canned chickpeas, put them into a saucepan, cover with water, and add 2 teaspoons of baking soda. Bring it up to boil and lower it to a simmer for 5 minutes. The hull of each chickpea will be released.

When the time is up and the hulls are starting to release, remove the pan from the stove, pour off the water and the hulls, adding cold water to stop the cooking and aid in eliminating the hulls.

In practice, the hulls were released but did not easily pour off. I ended up skimming and manually removing most of the hulls as I placed the hull-less chickpeas into the food processor. I look forward to improving my pouring-off technique. If most of the hulls are removed, that will be fine.

To the food processor with the chickpeas, add the juice of one lemon, ½ teaspoon of Kosher salt, and 2 cloves of garlic.

Process this mixture for 7-8 minutes. The mixture will get warm so don't be alarmed.

Add 1/3 cup of tahini to the mixture, about 2 tablespoons of extra virgin olive oil, and process for 3 more minutes. The tahini is added late because its proteins would otherwise cause a coagulation of the hummus

that cannot be reversed.

Taste test for any desired seasoning adjustments. We felt it needed more salt and garlic, but I couldn't add more raw garlic at this point, so we settled on a couple additions of garlic salt with a tasting in between additions to guide us. A few pulses from the food processor did the trick.

Transfer this very warm cloud of hummus to a bowl and place it in the refrigerator for three hours to cool.

At home, we used tortilla chips to scoop up this delightful dish. It can be stored for a week in the fridge.